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Florence Nightingale.

From

Florence Nightingale

to the

Probationer-Nurses

in the

"Nightingale Fund" Training School,

at

St. Thomas's Hospital,

and to the

Nurses who were formerly trained there.

23rd May, 1883

Nightingale Coll. (Strong Room)

To D.S. Vroom & Co

From
The Holiday House
Ralph
20-9-27. (20. IX. '29)

From Mrs. A. J. Clifford,
Succeeding Miss
Annie R. Creighton
who was a nurse from
England. —

My very dear friends

Here is my love with all my heart. I hope I make the acquaintance of every one of you. And that will be better even than being one of you to day in body. I am with you in spirit. That is nothing new. That is always, always - the old, old story

And it is the old, old question too: Are we all of us on our mettle in our life's work? - I say I do if we are. If not. there can only be disappointment

To those of us in earnest
in our desire to be
thorough Workers - thorough
women - thorough Nurses -
[and no woman can be a
good Nurse unless she is
a good woman] We say
watch & persevere to do
well your appointed work
& fill thoroughly your
present place: don't
give in to the prevailing
spirit of the day hurry,
bustle, change.

To those of us who are
half hearted - [I do not
know any - but there may
be such] We say - pause

either turn over a new leaf
or give up the work altogether
for if we remain half-hearted,
[& no one can do the work,
unless she put her whole
heart in it.] we are taking
up the room of better
women, better workers.
The eyes of England &
perhaps of a still farther
& larger world are
upon us to pick out our
inconsistencies & short coming
Many sneering remarks are
made unworthy of notice
But (let this old woman
whisper, just between ourselves.
I have got my profit all my
life out of sneering remarks).
is there not some

foundation for the epithets,
'conceited Nightingales',
&c &c &c ?

2. What is training? We can't put into you what is not there. We want to bring out what is there. Training is enabling you to use the means you have in yourselves. Training is drawing out what you know yourselves. Learn your work thoroughly in your year of training. Store it up, & practise it in your brain, eyes & hands, so that you may always know where to find it, - & these - brain, eyes & hands - may always be your ready servants.

But don't depend on - don't stop at your year's training.

If you don't go on, you will fall back. Aim higher. In the second year & the third year & all your lives, you will have to train yourselves on the foundation you have had in your first. And - you will find, if you are a true Nurse, you have only just begun.

But - When you have put your hand to the plough, don't look back

3. We here below cannot judge the motives which bring you into the work let us all have the benefit

of the opinion that some high resolve or pure motives actuated us. But how when we become Nurses do we keep that high resolve, that pure motives in view? — Are we proud to be Nurses? — to be called Nurse? — not simply to take pride in dressings & work which will bring us notice & praise? Remember, the Nurse is wanted most by the most helpless & often most disagreeable cases, — in one sense there is no credit in nursing pleasant patients

And don't despise what some of you call 'housemaid's work'. If you thought of its extreme importance, you would not mind doing it. As you know, without thorough housemaid's work, every thing in the Ward or Sick room becomes permeated with organic matter.

The greatest compliment I ever thought I, as a Hospital Nurse, received was: that I was put to clean & "do" the Special Ward, with the severest Medical or Surgical case which I was nursing, every day: because I did it thoroughly & without disturbing the Patient. That was the first Hospital I ever served in. [I think I could

give a

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lesson in Hospital housemaid work now]

We Nurses should remember - to help our suffering fellow creatures is our calling - not to amuse ourselves. Let us make our 'calling' 'sure'.

Sisters, Nurses, Probationers shall we start afresh? shall we all renew - as we every morning need & do - our resolve? As a friend, a Nurse, abroad, said & me one must be converted not once but every day. Shall it be our aim to be more thorough workers, more thorough women, more thorough Nurses every day, till we become most thorough. & so

2404

lie down any spiteful
sneers & epithets?

Lo One word more: Year by
year our numbers increase.
We are becoming a large band.
See that we are banded
together by mutual good will.
And remember the conduct
of each member reflects
credit or discredit on the
whole. We cannot isolate
ourselves if we would.
Thank God there are
numerous other Training Schools
now in existence. Let us
give them the right hand
of fellowship. Wherever we
see thorough work, let us feel
those are our sisters.
Let us run the race where

all may win: rejoicing in their successes, as our own, & mourning their failures, wherever they are, as our own. We are all one Nurse.

But see that we fall not off. We must fight the good fight steadily, with all our heart & all our mind & all our strength. Or they may beat us. And that they will do if we do not hold & our colours & be true workers, true women, true Nurses.

5. We are volunteers
Don't let us forget that. We
have chosen our path Don't
let us be worse soldiers in God's
army, than those who are enlisted
or compulsory conscripts.

For the first time for 25 years
I went out last winter to see
the return of a Regiment of
foot from Egypt.

[And we have Nurses too
who volunteered for Egypt
& two of them still are there,
working hard. They all
worked hard & well.]

Any body might have been
proud of these men's appearance
- shabby skeletons they were -
campaigning uniform worn out
but well cleaned - Not spruce

or smart or showy: but
alert, silent, steady in discipline
And not a man of them all
I am sure, but thought he had
nothing to be proud of in
what he had done, tho' we
might well be proud of them

Now, we don't say: Volunteers
take example by these. Absolutely
we will be their true
comrades in faithfulness to
reality & duty. It is the
same spirit: the spirit
of the nation. Let us
stick to it. The great
Duke of Wellington said:
"all for duty, & nothing
for reward.

So may all we Volunteers & Nurses, tho' different in many things, be fellows in duty. So may we raise the standard, higher & higher, of thoroughness - (& with thoroughness always goes humility) - of steady, patient, silent, cheerful work. So may we all be on the alert - always on our mettle. Let us be always in the van of wise & noiseless high training & progress.

God bless you all.

Florence Nightingale

May 23/83

COPY.

From

Florence Nightingale

to the

Probationer - Nurses

in the

"Nightingale Fund" Training School,

at

St. Thomas's Hospital,

and to the

Nurses who were formerly trained there.

23rd May, 1883.

(Dedication on front page).

To D.S. Vrooman.

From
The Holiday House,
Rajpur.

20-9-29 (20.IX.'29)

From Mrs. A.T. Clifford,
Succeeding Miss Annie R. Creighton
who was a nurse from England.

From

Florence Nightingale

To the

Probationer - Nurses

In the

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St. Thomas's Hospital,

And to the

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23rd May, 1897.

(Dedication on front page).

To D.S. Vroomen.

From a
The Holiday Houses,
Bajpur.

30-9-29 (20.IX.'29)

From Mrs. A.T. Gifford,
Succeeding Miss Annie R. Creighton
Who was a nurse from England.

My very dear friends,

Here is my love with all my heart. I hope to make the acquaintance of every one of you. And that will be better even than being one of you to-day in body. I am with you in spirit. That is nothing new. That is always, always - the old, old story.

And it is the old, old question too: Are we all of us on our mettle in our life's work? Joy to us if we are. If not, there can only be disappointment. To those of us in earnest in our desire to be thorough workers - thorough women - thorough Nurses (and no woman can be a Good Nurse unless she is a good woman). We say watch and persevere to do well your appointed work, to fill thoroughly your present place: don't give in to the prevailing spirit of the day hurry, bustle, change.

To those of us who are half hearted - (I do not know any - but there may be such) we say - pause , either turn over a new leaf - or give up the work altogether, for if we remain half-hearted, (& no one can do the work unless she put her whole heart in it). We are taking up the room of better women, better workers. The eyes of England & perhaps of a still farther and larger world are upon us to pick out our inconsistencies and short-comings. Many sneering remarks are made unworthy of notice. But (let this old woman whisper, just between ourselves: I have got my profit all my life out of sneering remarks) - is there not some foundation for the epithets, 'conceited Nightingales' &c. &c. &c.?

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Here is my love with all my heart. I hope to make
the acquaintance of every one of you. And then will be better even
than being one of your to-day in body. I am with you in spirit.
That is nothing new. That is always, always - the old, old story.

And it is the old, old question how we all of
us on our mettle in our life's work? How to use it we do. If not,
there can only be disappointment. To those of us who are pressed in all
desire to be thorough workers - whether women - there can be human (and
no woman can be a good Nurse unless she is a good woman). We may
watch and persevere to do well your appointed work, to fill thoroughly
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England & perhaps of a still further and larger world are upon us to
pick out our inconsistencies and short-comings. Many amusing remarks
are made upon[illegible] of motive. But (let this old woman whisper) just
between ourselves: I have got my profit all my life out of exposing
remarks) - is there not room foundation for the epithets, 'conceited
dissatisfied; &c. &c.?

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4. One word more: Year by year our numbers increase. We are becoming a large band. See that we are banded together by mutual good will. And remember the conduct of each member reflects credit or discredit on the whole. We cannot isolate ourselves if we would.

Thank God there are numerous other Training Schools now in existence. Let us give them the right hand of fellowship. Wherever we see thorough work, let us feel - those are our Sisters.

Let us run the race where <u>all</u> may win, rejoicing in their successes, as our own, and mourning their failures, wherever they are as

our own. We are all one Nurse.

But see that we fall not off. We must fight the good fight steadily, with all our heart and all our mind and all our strength or they may beat us, and that they will do if we do not hold to our colours to be true workers, true women, true Nurses.

5. We are volunteers. Don't let us forget that. We have chosen our path. Don't let us be worse soldiers in God's army than those who are enlisted or compulsory conscripts.

For the first time for 25 years I went out last winter to see the return of a Regiment of foot from Egypt.

(And we have Nurses too who volunteered for Egypt and two of them still are there, working hard. They all worked hard and well).

Anybody might have been proud of these men's appearance - shabby skeletons they were - campaigning uniform worn out but well cleaned - not spruce or smart or showy, but alert, silent, steady in discipline, and not a man of them all, I am sure, but thought he had nothing to be proud of in what he had done, tho' we might well be proud of them.

Now, we don't say, + Volunteers, take example by this. Assuredly we will be their true comrades in faithfulness to reality and duty. It is the same spirit: the spirit of the nation. Let us stick to it. The great Duke of Wellington said: 'all for duty, and nothing for reward."

So may all we volunteers and Nurses, tho' different in many things, be fellows in duty so may we raise the standard, higher and

our own. We are all one Nurses.

But see that we shall not act. We must fight the good fight steadily, with all our heart and all our mind and all our strength or they may beat us, and that they will do if we do not hold to our colours to be true workers, true women, true Nurses.

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(And we have Nurses too who volunteered for Egypt and two of them still are there, working hard. They all worked hard and well.)

Anybody might have been proud of those men's appearance - sunburnt, healthy looking, and not a man of them all, I am sure, but thought he had nothing to be proud of in what he had done, tho' we might well be proud of them.

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So may all we volunteers and Nurses, tho' different in many things, be loyal in duty so may we value the standard, highest and

higher, of thoroughness - (and with thoroughness always goes humility), of steady, patient, silent cheerful work. So may we all be on the alert - always on our mettle. Let us be always in the van of wise and noiseless high training and progress.

God bless you all all,

Florence Nightingale.

May 23/83.